

cooked by steam from the little water clinging to it when dropped into the kettle.

"Pickled Pigs' Feet"

Requested—Clean the feet by scalding and scraping until all the hairs and scarf-skin is removed; if the horny covering on the toes does not come off by scalding, stick them into hot embers, scorching (but not burning) them until they can be removed, then scrape and wash perfectly clean. Put them into hot (not boiling) water, and set them on to cook, bringing them to a brisk boil for half an hour, then setting on the back of the stove where they will boil gently for several hours, or until the bones will drop from the flesh. If scum arises, skim it off. While boiling, add to the water one tablespoonful of salt to each four feet. When done, skim out the feet, strain the water they were boiled in, and set away to cool. When cold, remove any grease from the top of the water, return to the fire and boil down to one pint or less. Remove the bones from the feet and chop the meat up finely, and add to the jelly with one pint of good vinegar. If spices are liked, add whole peppers, a few blades of mace, and cloves, if liked. Pour this into a pan or wide, low crock, and let cool, covering closely. Slice, when wanted, and eat cold.

No. 2.—After cleaning as above, soak in salty water until white; tie each foot up in a cloth, either sewing the cloth on, or tying well with a cord. Boil three or four hours, until perfectly tender, which may be known by pricking with a fork, or sharp instrument. Leave in the cloth, and put in a cold place until needed. The water should be pretty well boiled down. When wanted, take the cloth off, split from toe to toe, and fry in hot lard, or set in the oven and brown quickly.

No. 3.—Scald and clean as above, until perfectly free from hairs and hoofs. Scrape and soak in salty water until white, then put into a pot of hot (not boiling) water, and bring to a rapid boil for half an hour, then set where they will boil gently for three or four hours, until the bones will drop from the meat. While boiling, remove all scum. When the feet are done, take from the water, remove all bones that are free, and lay the feet in a crock, or other vessel and cover with two parts vinegar to one part water in which they were boiled, after straining the water. Add a tablespoonful of salt, one of whole peppers, a little allspice and a few cloves, if spiced flavor is liked. Cover the vessel first with a cloth, then with a tight-fitting lid, and set away in a cold (not freezing) place. These may be eaten cold, from the vinegar, or split, rolled in flour, and fried brown.

Mince Meat from Lard Cracklings

Replying to M. M.—Take the cracklings, boil in clear water until tender, then pour off grease and water. Let the cracklings become cold, chop and use the same as beef in the following manner: One cup of cracklings, three cupfuls chopped apples, cupful and a half of raisins, and half cupful of currants, a piece of citron shaved fine, cupful and a half of brown sugar, one cupful of

the liquor in which the cracklings were cooked, one cupful of boiled cider, two teaspoonfuls of salt, two teaspoonfuls of cinnamon, one of cloves, and one of allspice, three of rosewater or vanilla. Cook until the apples and raisins are soft. Only cracklings from the fat of meat trimmings are used.

Buckwheat Griddle Cakes

To one quart of lukewarm water add one teaspoonful each of salt and sugar, one-half cupful of good hop yeast, and flour enough to make a thin batter. Mix the batter in the evening and leave it in a warm place over night. In the morning dissolve one-half teaspoonful of soda in hot water and stir it into the batter. Three parts of buckwheat and one part white flour may be used if preferred. Serve hot from the griddle with butter or syrup. Always leave a cupful of the batter in the crock, covering well, to start the next batch with, in place of yeast.

Some Dressings for Fowls

No. 1.—Cut white bread (stale bread is best) in cubes, then crumble fine, mixing one egg and enough melted butter to have it crumbly and moist in the hand, seasoning highly with pepper and salt, some sage and, if liked, raw liver chopped, an onion and a little thyme, with one tablespoonful of mixed powdered herbs, a pinch of ground mace and one dozen mushrooms and oysters drained from their liquor and chopped fine. Other seasoning, such as chopped apples, celery, raisins or parsley may be used if desired.

No. 2.—Chop fine one pint of celery which has simmered fifteen minutes in slightly salted water, and add one large cupful of oysters chopped coarsely. Add a tablespoonful of onion juice, and a teaspoonful of minced parsley, a half teaspoonful of salt, one-fourth teaspoonful of pepper, the juice of one lemon, and half a cupful of melted butter. Mix well. A large cupful of chopped mushrooms may be substituted for the oysters.

Health Notes

For insomnia, a writer in the Inter-Ocean recommends this: Simply take ordinary pumpkin seeds, a handful at a time, throw into a quart of boiling water and let them boil until there is but a pint or less. Strain, and drink the water either hot or cold, and relief is sure to follow, with no troublesome after effect. The tea acts on the kidneys and produces a healthful and refreshing sleep.

In the same paper, Dr. Reeder says: "The lactic acid secured through buttermilk or thick, sour milk is the best that can be secured, and it is in a form exactly suited to the system. However, if this can not be taken without distress, the best substitute would be a bran lemonade, prepared as follows: Take a pint of clean bran (such as you feed to stock) and pour over it a pint of pure, cold water, allowing it to stand a few minutes, after which drain off the water and make a lemonade from the same by the addition of lemon juice and a little sugar.

For aching limbs, tired hands and arms or feet after the continuous exertion of house-cleaning, hot salt baths are excellent, if one is not too tired to take them; even bathing the limbs in the hot salt water is relieving. Make the solution quite strong.

For the Toilet

The cold, rough winds will soon roughen and redden the skin, as well as bring chaps, chaffings and fissures in finger joints for those who must work "in the weather." One

of the very best, safest and most inexpensive remedies for this condition is a solution made of glycerine, one tablespoonful, rosewater two tablespoonfuls, and the juice of one lemon. Boiled water will answer as well as rosewater. Put these ingredients in a bottle, shake up, and keep on the wash stand, and on washing the hands, after drying, pour a little into the palms of the hands and rub all over the hands, wrists and face.

For skins that will not bear washing with soaps, or if soap must be used often for cleansing, get ordinary cheese-cloth, and make little bags about three or four inches square; fill these scantily with rolled oats or wheat bran, sew up the end, and every night, on going to bed, lay one of these bags in a basin of tepid water, let lie a few minutes, then use the bag as you would soap, rubbing into every little wrinkle of the skin, just as you would soap, using the bag as a wash rag. The oatmeal or bran is healing as well

as cleansing, and will make the skin soft, smooth and clean. These can be used during the day, if occasion requires, and where soap must be used as a cleanser, an after use of the bags will do a great deal of good. This is also recommended for skin disorders.

Do not use common laundry soap for the hands and face. Use the "over-fat" kind. Avoid "smelly" soaps, as highly scented soaps are usually made of poor material, and the perfume used to disguise it. Don't be afraid to take care of the hands and face. Much discomfort will be avoided by so doing.

Do not use hard, well or spring water if it can be avoided. Try to keep a supply of rain water for toilet purposes. Men and boys—especially boys, who work out in the winter, usually suffer great pain from chapped, cracked hands, which could be avoided, if care were taken to keep the skin in good condition. Much of it is their own fault.

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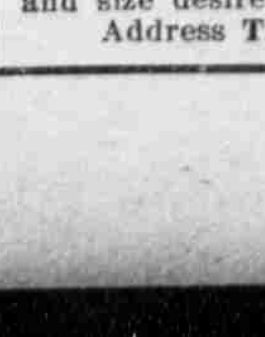
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